



# NEWTON SOUTH RECREATION COMPLEX

## At the Newton South High School

Operated by the Newton Parks and Recreation Department, the Newton South Recreation Complex offers state of the art health and wellness facilities including a gym, indoor track, fitness room, wrestling/dance room, wellness classroom, and locker rooms.

A variety of sport and recreational activities are offered on Sundays beginning January 8, 2012.

Get out of the house and enjoy one of Newton's many resources!

The Newton South Recreation Complex is located at the Newton South High School in the Athletic Complex, 140 Brandeis Rd, Newton, MA 02459



**Setti D. Warren**, Mayor  
**Robert J. DeRubeis**, Commissioner  
**Channon Ames**, Recreation Manager

## 3 EASY WAYS TO REGISTER

1. **Mail or Walk In** your registration form and payment to Newton Parks and Recreation, 70 Crescent St, Newton, MA 02466

2. **Register Online** at [www.activityreg.com](http://www.activityreg.com) Click on Massachusetts and then Newton Parks and Recreation. Click on Register, then Newton South Recreation Complex and then the specific program you are looking for.

3. **Call Newton Parks and Recreation** at (617) 796-1500 for a registration form or visit our website at [www.newtonma.gov/parks](http://www.newtonma.gov/parks)

## Newton South Recreation Complex

All programs run on Sundays January 8, 15, 22, 29, February 5 and 12 unless otherwise noted

### Introduction to Karate

Fun! Exciting! Emphasizes focus and self control. Each week has a dose of "Respect", "Humility", "Perseverance" and other life lessons. Taught by Newton Tennis favorite Tim Songer, a black belt in 6 Martial Art Forms and a veteran Martial Arts instructor. First timers and kids with some past experience will love this class. No uniform needed.

**Fee:** \$135.00

**Time:** 12:00 - 12:45

### Engineering with LEGO®

Children will build cities, bridges, and motorized vehicles while exploring the many creative possibilities of engineering with LEGO®. Younger children will learn about construction techniques while older children will explore the concepts of physics, architecture and engineering. Your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well TEKnologies Engineering instructor. Students will receive a special LEGO gift to take home at the end of their class.

**Fee:** \$135.00

**Time:** 2:15 - 3:45 for ages 5 - 8

4:15 - 5:45 for ages 8 - 11

### Bollywood and Bhangra Dance Classes

Looking for something unique and exciting? Join dance instructor Disha Sharma for a fun and invigorating dance class which will expose you to a new culture and a popular style of Indian dance. At the end of the session students will present a dance performance for their family and friends.

**Fee:** \$65.00

**Time:** 1:00 - 2:00 for ages 6 - 10

2:15 - 3:15 for ages 10 +

### FUN-damentals of Fencing

For ages 8 and older. Fence without buying expensive equipment! Use our safe practice equipment to learn footwork, attack and defense techniques. Whether you are new or experienced, you will learn new techniques and will get to try out your new swashbuckler skills in duels and sword games each week. Each class is one in a series of four that can be taken in no particular order to get a good footing in basics and a variety of more advanced techniques.

**Fee:** \$95.00

**3:30 – 4:30: Special Attacks and Sabre** - This class contains more advanced attack techniques such as redoublement and related lessons in sabre.

**4:45 – 5:45: Dodging Techniques and Rapier** - This class contains more advanced dodging techniques such as the in quartada and lessons in rapier.

### Tennis - Quick Start & Cardio

Strokes, instructional games, hitting, running and rallying fun. We are proud to bring you Quick Start. This new way of teaching kids uses modified nets and balls so everybody can succeed, learn quickly and have a blast! Presented by the world famous Newton Parks and Recreation Tennis staff.

**Fee:** \$135.00

**Time:** 1:00 - 1:30 4 year olds, 1:30 - 2:15 ages 5 & 6  
2:15 - 3:00 ages 5 & 6, 3:00 - 4:00 ages 7 - 9,  
4:00 - 5:00 ages 7 - 9

5:00 - 6:00 Cardio Tennis for Adults

### ARC Babysitters Training Course

For Ages 11 – 15. Learn the basics of infant and child care including feeding and changing, accident prevention, emergency response, and how to be a successful babysitter. All youth will receive a babysitters handbook and Child and Infant CPR certification. Youth must attend both days in order to receive certification.

**Fee:** \$95.00

**Dates:** Jan 29 & Feb 5

**Time:** 12:15 – 5:15 pm

### Open Workout

For ages 14 and older. Tone your muscles and get in some extra workout time before the spring. Treadmills, rowing machines, stair climbers, stationary bikes, free weights are available for you to work out on your own.

**Fee:** \$35.00

"Over 55" \$10.00

**Time:** 12:30 – 6:00

### Badminton Instruction

For ages 14 and older. Learn the rules and how to play, or improve on your current techniques and skills with instructor Wee Tam. Round robin play will allow participants to practice what they have learned. Participants may bring their own racquets.

**Fee:** \$120.00

**Time:** 12:15 – 2:15

### Family Badminton

Reserve a court to play against your family and friends. All ages welcome. Maximum 6 people per court.

**Fee:** \$65.00

**Time:** 2:30 - 3:30, 3:45 - 4:45, or 5:00 - 6:00

### Badminton Tournament for B and C Level Doubles

Show your badminton skills in this badminton tournament. Teams will play a minimum of 2 games. There will be a B Level Men's, Women's and Mixed Doubles Division, as well as a C Level Men's, Women's and Mixed Doubles Division.

**Fee:** \$20 for 1 division, \$30 for 2 divisions, \$35 for 3

**Date:** Saturday and Sunday March 2012

**Time:** 11:30 – 6:30 pm

# **NEWTON PARKS & RECREATION DEPARTMENT** **Newton South Recreation Complex** **Registration Form**



Last Name \_\_\_\_\_ Address \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Allergies/Limitations \_\_\_\_\_

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Family Member's Name	DOB	Program Name	Program Time	Fee

Please use a separate line for each participant in each program. To register for the Badminton Tournament please use the Badminton registration form.

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**TOTALS** \$ \_\_\_\_\_

Add all of the fees for the programs your family is registered for. Checks should be made payable to City of Newton.

Registration is also available online at [www.activityreg.com](http://www.activityreg.com)

Return this form to Newton Parks and Recreation \* 70 Crescent St \* Newton, MA 02466

## **Credit Card Payment Form**

Payment may be made by Credit Card (Master Card or Visa). Please fill out the information below to pay by credit card.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

\_\_\_\_\_ Visa \_\_\_\_\_ Master Card \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

**Newton Parks and Recreation Department - Newton South Recreation Complex  
Medical Release Form**

I understand that every effort will be made to contact me in the event of an emergency requiring medical attention for my family\_\_\_\_\_. However, if I cannot be reached, I hereby authorize the Newton South Recreation Complex to transport my family to the Newton Wellesley Hospital, or \_\_\_\_\_ Hospital via Emergency Vehicle, and to secure for my family the necessary medical treatment. I understand that designated staff members at the Newton South Recreation Complex are trained in the basics of First Aid and Cardio-Pulmonary Resuscitation, and I authorize them to administer immediate First Aid to my family when appropriate.

\_\_\_\_\_  
*Signature of Parent(s)/Guardian(s)*

\_\_\_\_\_  
*Date*

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**Release From Liability and Indemnity For Participation In The Newton Parks and Recreation Department - Newton South Recreation Complex**

I/We, the undersigned parents/guardians/self of the \_\_\_\_\_ family, do hereby consent to our participation in the Newton South Recreation Complex. I/WE forever RELEASE, acquit, discharge and covenant to hold harmless the City of Newton, a municipal corporation of the Commonwealth of Massachusetts, and its successors, departments, officers, employees, servants and agents, of and from any and all actions, causes of actions, claims, demands, damages, costs, loss of services, expenses and compensation on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damages which I/WE may now or hereafter have as the parent(s) or guardian(s) of said family, and also all claims or rights of actions or damages which said family has or hereafter may acquire, either before or after our participation in the Newton South Recreation Complex. FURTHERMORE, I/WE hereby agree to protect the City of Newton and its successors, departments, officers, employees, servants and agents against any and all claims for damages, compensation or otherwise on the part of said family growing out of or resulting from injury to said family in connection with our participation in the said Newton South Recreation Complex and to INDEMNIFY, reimburse or make good to the City of Newton or its successors, departments, officers, employees, servants and agents any loss or damage or cost, including attorney's fees, the City of Newton or its representatives may have to pay if any litigations arise from said family's participation in the said Newton South Recreation Complex.

\_\_\_\_\_  
*Signature of Parent(s)/Guardian(s)*

\_\_\_\_\_  
*Relationship*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness*

THIS FORM MAY NOT BE ALTERED

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The Newton Parks and Recreation Department will at times photograph events and programs for publication. Please sign below if it is okay for us to take pictures of your family.

\_\_\_\_\_  
*Signature of Parent(s)/Guardian(s)*

\_\_\_\_\_  
*Date*